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Bangalore Mirror

TEMP Max 27 | Min 14 | Humidity 49% Partly sunny Sensex 84,679 | Nifty 25,860 | Gold 1,35,090 | Silver 1,98,744 | Dollar 90.93 | Euro 107.17 | GBP 122.15

UNDER THE WEATHER

Spike in cases of cold, cough and fever across city due to sudden change in weather over last few days

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PRISON NOTEBOOK

After top cop visit, winds of change blowing through Central Prison; tech upgrades to fix mobile jammer issues

PAGE 6

From using specialised software to alter IMEI numbers to packing off pilfered goods abroad, criminals try all techniques to avoid tracking, which is why stolen phones are so difficult to recover

SMOOTH OPERATORS

Devices hid within legitimate export consignments or sent through courier services

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From robbing mobile phones, stealing mobile data to spoofing and other cybercrimes, tampered International Mobile Equipment Identity (IMEI) numbers have become a critical enabler for criminals.

By altering the IMEI numbers, fraudsters can mask the identity of their devices, evade law enforcement tracking, and bypass network restrictions on stolen or blacklisted phones. Police officials say stolen mobile phones are sold in foreign countries to evade tracking.

According to senior police officials, if a victim reports a lost mobile phone through the Central Equipment Identity Register (CEIR) portal, the device can be tracked using its IMEI number even if a different SIM card is inserted. "However, in several cases, offenders sell stolen phones to foreign buyers in different countries.

These devices are often moved out of India through organised crime networks to evade Indian law enforcement systems, as tracking mechanisms like the CEIR become less effective once the phones operate on foreign networks," said an official.

Stolen mobile phones are frequently smuggled to neighbouring countries such as Bangladesh and Nepal, where tracking becomes challenging. Traffickers hide devices within legitimate export consignments or send them through domestic courier services to border towns like those in Tripura before illegally moving them across porous borders. In some instances,

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> **"These (stolen) devices are often moved out of India through organised crime networks to evade Indian law enforcement systems, as tracking mechanisms like the CEIR become less effective**
>
> — Police official

Monkeying about

Survey reveals though many in city feed monkeys, a big chunk of them don't know of disease risks associated with it

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A recent survey conducted by researchers from Bangalore University reveals that a majority of Bengalureans are unaware of the risks of disease transfer from monkeys.

This is why many continue to feed these primates on a regular basis.

Researchers surveyed more than 700 Bengalureans to understand community perception about monkeys in the city. They found that while 324 people (46.2 percent) fed monkeys, 58 percent had a lack of understanding about the disease risks associated with them.

Experts say this knowledge gap is concerning, given well-documented zoonotic disease risks associated with human-primate contact. The 58 percent uncertainty suggests that public health messaging has been inadequate. Individuals uncertain about disease transmission may engage in closer contact with macaques than those aware of risks.

Earlier studies have also found that a good proportion of free ranging macaques carry potential zoonotic pathogens, including Herpes B virus, tuberculosis, and various parasites that pose significant health risks to humans.

"This knowledge gap likely influences risk perception and behavior— individuals uncertain about disease transmission

CONTINUED ON PAGE 8 »

THINGS TO DO

01 Sonic surge

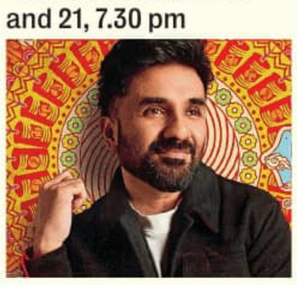
Get ready for an unforgettable musical celebration as AP Dhillon the ultimate force in music brings a power-packed performance, in an immersive concert atmosphere that will leave fans spellbound. **Where: Embassy International Riding School, Papanahalli; When: December 19, 6.30 pm**

02 Immersive beats

Indiranagar SOCIAL is presenting a techno-heavy weekend as Caged and Mob Mind bring a two-day lineup to the neighbourhood. The focus stays on long-form sets, steady pace and a room that builds naturally through the evening. **Where: Indiranagar SOCIAL; When: Dec 20 and 21, 6 pm**

03 Wit happens

Vir Das is set to take audiences on a nationwide audio visual stand up journey, weaving the vibrant sounds of everyday life into a celebration of the nation's subtle nuances. **Where: Prestige Centre for Performing Arts, Konanakunte; When: December 20 and 21, 7.30 pm**



04 Rhythm and rhyme

Piyush Mishra will be performing live as part of the Aarambh 2.0 India Tour, redefining live performance by blending music, poetry, and theatre into an unforgettable experience. **Where: Phoenix Marketcity, Whitefield; When: January 17, 7 pm**

05 Transforming ties

GoBrahma Productions & Shivapriya School of Dance present Roopa Viroopa, a dance-theatrical production that explores the transformative power of love — one that sees beyond appearances. **Where: Good Shepherd Auditorium, Shanthala Nagar; When: December 21, 7 pm**

Cold spell brings more than frosty mornings

Cold, cough and fever cases surge as temperatures dip, with children and elderly worst affected; doctors recommend seeking medical attention in cases of prolonged fever or breathing difficulties

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A sudden change in weather over the last three to four days has pushed up cases of cold, cough and fever across the city leaving hospitals and nursing homes crowded. Doctors say viral respiratory infections are on the rise, a trend typically seen during colder months when immunity dips and viruses spread faster. Outside nursing homes, anxious parents are being seen waiting with fever-hit children. "The fever is not coming down, the cough is not stopping," is a common complaint doctors are hearing daily.

Health experts warn that cold exposure can worsen respiratory problems, advise against self-medication while urging people to wear warm clothing

Parental panic

Paediatric consultations have increased sharply, with many children reporting persistent fever, cough and cold. Medical experts say most cases are viral in nature, but prolonged fever or breathing difficulty needs immediate medical attention. Dr Dattatreya P, a paediatrician, said children and infants must be kept warm, especially during early mornings and nights. "Children with asthma, cough or phlegm are facing breathing issues. If fever continues, consult a doctor instead of waiting," he advised.

Hospital rush

Public hospitals in the city are witnessing a steady flow of patients suffering from cough, cold, phlegm, asthma and fever. Doctors point out that this year's cold spell feels more intense than usual. Elderly citizens, in particular, are finding early morning walks difficult, and the chill is expected to intensify further towards the end of December.

Cold precautions

Health experts warn that cold exposure can worsen respiratory problems. Children and senior citizens should be adequately covered when stepping out in the morning, evening or at night. Many elderly residents have limited their outdoor movement, while attendance at sports practice sessions has also dropped.

Coffee comfort

The chill has had an unexpected side effect. Coffee sales at hotels and roadside stalls have gone up. Daily wage workers, youths and families are flocking to cafés, saying a hot cup of coffee helps them relax and beat the cold.

Medical advice

Doctors strongly caution against self-medication. "Walking into a medical shop and popping tablets for fever or cold can be dangerous," said Dr Rajesh BR, surgeon at the public hospital. He advised people to consult doctors, drink boiled and cooled water, wear warm clothing and use mosquito nets at night. "For now, evening walks are safer than early morning walks," he added.

Daily disruption

Normal life has been disrupted across the city and surrounding taluks. Farmers, milk vendors, newspaper distributors, homemakers and schoolchildren are struggling to cope with the biting cold. Doctors also warned that people with asthma and heart conditions should avoid stepping out early in the morning and after 8 pm. "Cold weather can increase blood clotting risk and cause airway constriction," Dr Rajesh said. H Chandrappa, a local resident said cold-related illnesses among children have increased over the past week. "The moment we step out, the body starts shivering. The cold is unusually harsh this time," he observed.

Minister clarifies withdrawal of biodiversity notification

Providing clarification regarding the state government's decision to recall its earlier notification to declare the Cantonment Railway Colony campus a Biodiversity Heritage Site, Karnataka Forest Minister Eshwar Khandre said that the decision was withdrawn due to lack of permission granted under the Railway Act.

He stated that the decision to declare the site as a Biodiversity Heritage Site was taken to protect one of the last remaining lung spaces of Bengaluru. However, due to restrictions under the Railway Act, a decision was made to withdraw it. "Officials have spoken with the Railway Land Development Authority, which has stated that it is committed to environmental protection and has promised to relocate and replant the affected trees. The Railway Land Development Authority has also given a written assurance that it will comply with any laws in force under Section 37(1) of the Biodiversity Act and will protect the green cover by planting saplings even after construction in the current area, as well as preserve the biodiversity of the Cantonment Railway Colony," Khandre stated. **— BMB**

Schools under scanner for violating Kannada language norms

Two prestigious international schools in Bengaluru have come under the scanner of the state education department for failing to comply with mandatory Kannada language learning norms. During the Legislative Council session on Tuesday, School Education Minister S Madhu Bangarappa said action has been initiated against institutions following ICSE, CBSE, IB and IGCSE curricula that have not implemented the Kannada Language Learning Act, with penalties already imposed on two schools in the city.

The minister said notices are being issued through Deputy Directors of Public Instruction and Block Education Officers to erring institutions. As per rules, fines have been imposed on an international school located at Dommasandra and another school at Doddakannelli. He explained that the Kannada Language Learning Act came into force in 2015, with detailed rules framed and implemented by the Education Department in 2017. **— BMB**

Chitra Santhe goes back to nature

Bengaluru is set to host this year's Chitra Santhe under a nature-themed concept, with the popular art fair gearing up to captivate art lovers with several new features. Curated around the theme of nature, the festival will showcase artworks inspired by nature, with a special focus on environmental ideas. Portraits of environmentalist Saalumarada Thimmakka will be among the key highlights. As in previous years, over 2,000 applications have been received and are currently under scrutiny. Around 1,300 stalls will be permitted along Kumarakrupa Road and the surrounding areas of Chitrakala Parishath, while a special exhibition of wildlife photographs captured by photographers Krupakar and Senani will also be on display.

The Santhe will bring together a wide range of art forms under one roof, including oil and watercolour paintings, traditional Mysuru, Thanjavur, Rajasthani and Madhubani styles, acrylic works, glass paintings, collage, lithograph, doodle, embossing, video art, graphic art, sculpture, installations, performance art, mixed media and photography. **— BMB**

CRIME FILES

3 kg ganja confiscated, two arrested in Hebbal

The Hebbal police have arrested two individuals and seized nearly 3 kg of ganja after busting an alleged drug-peddling operation near the railway track at V Nagenahalli. Based on specific information received from an informant on December 13, that two individuals on a two-wheeler were selling the banned narcotic substance to customers in the area, the police team rushed to the spot and conducted a raid.

During interrogation, the accused reportedly confessed that they had procured the ganja at a low price from an unidentified supplier and were selling it at a higher rate to make quick money.

Police said they seized 2 kg and 93 g of ganja, along with the two-wheeler used to transport and sell the contraband. The total value of the seized items has been estimated at ₹2.09 lakh.

Kengeri police arrested a man for allegedly selling ganja to construction workers and youths, seizing 560 g of the contraband worth ₹60,000. They were acting on a tip-off on December 11. —BMB

₹20k trap, fake shoot: Actress abducted in custody row

A film producer has been booked for allegedly abducting his estranged wife in an attempt to forcibly secure custody of their infant daughter, police said.

The accused, Harshavardhan, who is associated with Vardhan Cinemas, is alleged to have kidnapped his wife, television serial actress Chaitra, following a prolonged marital dispute over their one-year-old child. The incident was reported within the limits of the Byatarayanapura police station.

According to the police, the couple, who had worked together on a few television serials and films, married in 2023 with mutual consent. Differences later emerged, after which they began living separately. Following the separation, their daughter remained with Chaitra.

Police allege Harshavardhan abducted Chaitra by luring her with a fake serial role, paying `20,000 as advance. She was reportedly taken near Mysuru Road, and her mother threatened for the child's custody. Chaitra's sister filed a complaint with Byatarayanapura police, and investigation is ongoing. —BMB

Complaint filed against Bihar CM

A Bengaluru-based advocate, Owaiz Hussain S, has filed a formal complaint with multiple high-level authorities, including the Director General of Police, the Commissioner of Police, and various State and National Human Rights and Women's Commissions, seeking the registration of a Zero FIR against Bihar Chief Minister Nitish Kumar.

The complaint alleges that Bihar CM Nitish Kumar forcibly removed a Muslim woman doctor's hijab during a Patna event on December 15, 2025. Action is sought for sexual assault, outraging modesty, and abuse of authority. —BMB

Man dies as help never comes

A 34-year-old man died of a heart attack on a city road in the early hours of Saturday after passers-by allegedly failed to come to his aid.

The deceased, Venkataramanan, a resident of Balajinagar in Ittumadu, who married Roopa on January 27, 2020, worked as a mechanic at a garage. He is survived by his wife, a one-and-a-half-year-old daughter and a five-year-old son. Venkataramanan developed severe chest pain at around 3.30 am, following which his wife rushed him on a two-wheeler to a nearby hospital. However, doctors there advised them to shift him to a private hospital. As no ambulance was arranged, the couple continued the journey on the two-wheeler.

Venkataramanan suffered a heart attack near Kaderanahalli and collapsed. Despite his wife's pleas, bystanders ignored them. After 15 minutes, a cab took them to hospital, where he was declared dead. Police are verifying the events. —BMB

Airport pick-up rules trigger chaos

Cab services to and from Kempegowda International Airport (KIA) were severely disrupted on Tuesday after hundreds of taxi drivers staged a protest against the new parking and pick-up rules introduced by Bangalore International Airport Limited (BIAL).

The protest began around 9 am, when cab drivers gathered near the Sadahalli toll plaza and blocked vehicular movement, demanding an immediate rollback of the newly introduced lane segregation and parking fee system at the airport's arrival zones. As part of the agitation, drivers suspended cab services from the airport for the day, leaving many passengers stranded during peak travel hours.

The lane segregation system was first implemented at Terminal 2 on December 11 and extended to Terminal 1 from December 13. Under the revised norms, vehicles are allowed eight minutes of free access at pick-up zones. A fee of ₹150 is charged for stays between eight and 13 minutes, while vehicles remaining for 13 to 18 minutes are charged ₹300. Vehicles exceeding 18 minutes risk being towed.

"There has been a hike in charges and persistent parking issues at the airport, with the available time being inadequate for passenger pick-ups, especially during flight delays or when travellers are carrying heavy luggage or are accompanied by elderly family members. Despite these challenges, the rules were implemented without any consultation. This amounts to harassment of drivers and causes inconvenience to passengers," said Tanveer Pasha, president of the Ola Uber Drivers' Association.

A BIAL spokesperson said passengers had expressed inconvenience and frustration, urging authorities to resolve the issue at the earliest. Meanwhile, police were deployed in and around the airport and the toll plaza area to maintain law and order and prevent any major disruption to traffic. The updated arrival pick-up system at BLR Airport follows practices adopted at leading airports globally, and its implementation is being continuously monitored. While transitions of this nature can encounter some initial resistance, nearly 95% of passengers are currently comfortable with the new system.

BIAL said passenger issues are being addressed, with safety a top priority. Complaints over unauthorised taxis overcharging or stranding passengers prompted steps to strengthen the regulated system. Support for seniors, infants, and wheelchair users will be provided via buggies and shuttles. Continuous improvements will continue over the next month.

Following orders from the Northeast DCP, the protest was called off. —BMB

Police seek tenant data from city apartments

Residents' welfare associations asked to share details of out-of-state residents, foreign nationals and private staff

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Kumbalgodu Police asked residential associations for records on occupancy, security, and housekeeping as a precaution

To ensure comprehensive data on tenants and individuals associated with apartment complexes, as well as the functioning of apartment owners' associations, the Kumbalgodu Police issued a notice on December 14 directing apartment residents' welfare associations to submit details of tenants from other states and foreign nationals residing in their respective complexes.

The police notice asked apartment residents' welfare associations to provide complete details of security agencies and security guards. It also sought details of housekeeping agencies and workers employed by these agencies.

"Provide information on apartment residents' welfare associations established from the beginning until now. You have to provide details of penalties imposed on tenants and the rules and norms under which they were levied," the police notice read.

A few flat owners said that some tenants and flat owners had complained to the police against their respective apartment owners' welfare associations for imposing penalties or depriving them of civic amenities for one reason or another.

Meanwhile, the Karnataka Home Buyers' Forum welcomed the initiative of the Bengaluru Police to collect information on security guards, agencies, housekeeping service providers, association operations and penalty guidelines.

Dhananjaya Padmanabhachar, Sanchalak of the Karnataka Home Buyers' Forum, said that in a few apartment complexes, associations are not registered with the competent authority and behave like dictators, failing to provide details about service providers, expenditure and other matters. He alleged that if residents ask questions, penalties are imposed arbitrarily.

"In some apartment complexes, the project is incomplete and has not obtained an Occupancy Certificate or Completion Certificate from the competent authority, yet the association charges heavy maintenance fees and penalties, even though it is the promoter's responsibility to pay maintenance before obtaining the Occupancy Certificate. We have seen cases where associations file defamation cases against home buyers for asking tough questions. We request the police department to collect details of associations, including registration certificates issued by the competent authority, details of managing committee members certified by the competent authority, and by-laws certified by the competent authority to validate the existence of these associations," he said.

Civic activist Vinod Jacob called the police notice a timely step, urging regular security updates and mandatory CCTV at households and key junctions to deter crime. Satish Mallya of the Bangalore Apartment Federation said apartment associations follow best practices but lack authority to enforce law-and-order, pledging full cooperation with police to ensure resident safety.

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SUMMER VACATION-2026
(Eng & Kan Med) Admissions Started for
IV&V
Sainik/Navodaya/Kittur/RMS Coaching
Maths, English, IQ & GK
VI to X
(Mathematics, Science & English Grammar)
2024-25 Result
Sainik School
State 2nd Rank Chiranjivi BJ Bengaluru
State 3rd Rank Arav Heddurshetti Hukkeri
State 4th Rank Satvik Mohite Vijayapur
State 6th Rank Sampreeth Patil Agashal
State 7th Rank Arnav Sangam Vijayapur
State 7th Rank Satvik Baligar Belagavi
State 8th Rank Khushi Rathod Vijayapur
State 9th Rank Aadish Rathod Bagalkot
State 9th Rank Pranav Madabhavi Vijayapur
State 10th Rank Pratik Jiddimani Bilagi
RMS
Satvik M Baligar Belagavi
Vihhannkumar N Peta Raichur
Rishaan P Bagali Bengaluru
Studying 6th in RMS Belagavi
SSLC
State 2nd Rank 624/625
Prajwal Pattar Vijayapur
Separate Hostel Facility Available For Boys & Girls

EV boom concentrated in South Bengaluru zones

Jayanagar RTO tops electric vehicle registrations while South Bengaluru accelerates rooftop solar capacity, proving coordinated energy transition benefits residents, environment, economy

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As of the end of October, the Jayanagar Regional Transport Office (RTO) led Bengaluru in electric vehicle (EV) registrations, recording 23,090 vehicles. This included 15,505 two-wheelers, 1,754 four-wheelers and 5,831 other EV categories. Other RTOs across the city showed varied levels of adoption. Rajajinagar recorded 11,652 EVs, comprising 10,456 two-wheelers, 787 four-wheelers and 409 other vehicles. Koramangala registered 11,690 EVs, including 7,206 two-wheelers, 1,123 four-wheelers and 3,361 others. Indiranagar followed with 10,585 registrations, of which 8,330 were two-wheelers, 1,387 four-wheelers and 868 belonged to other categories.

Yeshwantpur recorded 10,665 EV registrations, including 9,002 two-wheelers, 750 four-wheelers and 913 other vehicles. KR Puram saw 8,976 registrations, with 5,785 two-wheelers, 933 four-wheelers and 2,258 others. Electronic City registered 5,954 EVs, largely dominated by two-wheelers at 5,430 units, along with 459 four-wheelers and 65 others. Devanahalli reported 3,967 registrations, including 3,290 two-wheelers, 499 four-wheelers and 178 other vehicles. Yelahanka recorded 1,365 EVs, while Anekkal registered 7,059 vehicles, notably including 5,044 four-wheelers. These figures highlight how central and southern RTOs continue to dominate EV adoption, while peripheral areas lag behind.

E-bike registrations rise nationwide driven by incentives and state schemes

Alongside EV adoption, South Bengaluru has witnessed a significant rise in rooftop solar installations. Data from the Karnataka Renewable Energy Association (KREA) indicates that nearly 90 percent of households in the area have installed solar panels. BESCOM reports confirm the presence of 1,170 rooftop solar units with a total installed capacity of 6.29 megawatts, making South Bengaluru the city's leader in solar energy generation. These installations reduce dependence on conventional hydel power while optimising natural resources.

A senior BESCOM official noted that South Bengaluru's dual advantage of high solar penetration and EV registrations demonstrates how infrastructure development and consumer awareness can accelerate clean energy adoption. He added that efforts are focused on supporting high-consumption households to encourage rooftop solar installations. In 2025, e-bike registrations surged across India. Maharashtra led with 1,95,969 units, followed by Karnataka at 1,41,283 and Tamil Nadu at 1,23,134. Uttar Pradesh recorded 92,174 registrations, Rajasthan 70,384, Kerala 70,107, Madhya Pradesh 66,275, Odisha 59,893 and Gujarat 54,379. This growth is driven by government incentives, tax exemptions and schemes such as Karnataka's Griha Jyoti programme, supporting India's long-term plan to transition away from fuel-based vehicles by 2070.

Senior BESCOM official notes that South Bengaluru's dual advantage of high solar penetration and EV registrations demonstrates how infrastructure development and consumer awareness can accelerate clean energy adoption

Marathahalli junction traffic gets overhaul

In an effort to decongest Marathahalli Bridge Junction, traffic police under HAL Airport Traffic Police Station announced traffic changes to be implemented on a trial basis from December 22, 2025. Under the new arrangement, vehicles from Devarabeesanahalli and Kadubeesanahalli towards Marathahalli via KLM Service Road cannot take right turns towards Varthur or Whitefield, while the median at Tulsi Theatre Junction will be closed. Vehicles from Marathahalli will also be barred from taking U-turns at Doddenekundi Junction.

To facilitate smoother movement, alternative routes have been suggested for affected motorists. Vehicles from Devarabeesanahalli and Kadubeesanahalli heading towards Varthur and Kundalahalli should use Outer Ring Road and take U-turns at Karthik Nagar Junction.

They can then proceed via Kalamandir Service Road to reach Varthur Main Road. Motorists travelling to KR Puram from Marathahalli and Kundalahalli are advised to take right turns at Doddenekundi Main Road Junction before proceeding towards Karthik Nagar and Outer Ring Road before merging with through traffic. Traffic police said the trial aims to reduce congestion and improve safety. Commuters have been urged to cooperate and plan travel accordingly citywide. — BMB

MG Road water lines get long-awaited upgrade

After nearly 40 years, the Bangalore Water Supply and Sewerage Board (BWSSB) is set to undertake major leak control works on Bengaluru's iconic MG Road. As part of phased measures to reduce water loss, the Board has started replacing faulty water meters, installing bulk flow meters to detect leaks, and identifying illegal connections across the city.

Following Republic Day in January, old and corroded water supply and underground drainage pipelines on MG Road will be replaced to tackle frequent leaks and contamination. New pipeline corridors will be laid on both sides of the stretch between Brigade Road and Trinity Circle, while excavation towards Anil Kumble Circle will be limited to one side to minimise disruption.

A BWSSB official said, "Existing water supply and sewer lines, laid nearly four decades ago, have rusted badly, causing repeated leakages and revenue loss. The upgrade is essential due to rising water demand from defence, police, and other key establishments along MG Road. The work will cover 2.2 km and is expected to take 10–20 days at select junctions."

Officials are also considering stone matrix asphalt instead of white topping for faster completion and longer durability. While traffic disruptions are expected, the project is a crucial step in modernising decades-old infrastructure before proposed concrete road works begin. — BMB

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Illegal reservation

Hoysala Nagar

At 8th Main, 9th B Cross, Hoysala Nagar, a resident planted saplings on the road to reserve parking space for his car.

Trash trouble

Gubbalala

Garbage piled along Gubbalala Main Road, connecting Doddakallasandra Metro to Kanakapura Road, has turned the bus stop area for schoolchildren unhygienic and distressing.

Unsafe streets

Vivekananda

Poorly asphalted road at 1st Cross, Vivekananda Nagar, Srinivasanagar Main Road makes driving risky both day and night.

Pharmacies demand prescription for cough syrups following safety orders

In Bengaluru, many pharmacies have stopped selling cough syrups over the counter and are now insisting on a doctor's prescription before dispensing, following strict instructions from authorities after several child fatalities linked to contaminated cough syrups elsewhere in the country. Pharmacists said they have received clear directives from regulatory bodies, including the Food Safety & Standards Authority of India (FSSAI), to ensure medicines are sold responsibly.

"We cannot take any chances with children's lives," said Ramesh Kumar, a local chemist in Whitefield. "Now, every cough syrup sale requires a prescription, and we are following it strictly," said Kumar.

Parents in the city have expressed mixed reactions. While some appreciate the increased safety measures, others feel the new rules may cause inconvenience.

"I understand why they are doing this," said Niveditha Johna, a mother of two. "It's for our children's safety, but sometimes getting a prescription just for a mild cough can be difficult," she said.

Pharmacy associations in Bengaluru have requested continued guidance and support from the authorities to ensure smooth implementation while keeping public health the top priority. **BMB**

NSQ drug samples rise 3.8% in 2024-25

The number of drug samples declared Not of Standard Quality (NSQ) in India rose from 2,988 in 2023-24 to 3,104 in 2024-25, marking a 3.8 per cent increase, according to data shared by Minister of State for Health and Family Welfare, Anupriya Patel, in the Rajya Sabha. Over the same period, spurious or adulterated drug samples fell from 282 to 245, a decline of 13 per cent, reflecting stricter regulatory enforcement and quality checks by authorities.

A total of 1,16,323 drug samples were tested across States and Union Territories in 2024-25 under the oversight of the Central Drugs Standard Control Organisation (CDSCO) and State Drugs Controllers.

Patel highlighted that CDSCO has conducted risk-based inspections of over 960 drug manufacturing premises since December 2022, leading to more than 860 regulatory actions, including suspension and cancellation of licences.

Recent amendments to the Drugs Rules now require QR codes on top 300 drug formulations and active pharmaceutical ingredients for tracking and authentication. Additionally, initiatives like the SUGAM Labs portal, uniform drug sampling guidelines, and continuous training of over 20,000 regulatory officials annually are strengthening monitoring and ensuring compliance with the Drugs and Cosmetics Act, 1940. **BMB**

B'luru sees crackdown on counterfeit ORS products

In Bengaluru, counterfeit Oral Rehydration Solution (ORS) products, often mislabelled as beverages like ORSL, have raised serious public health concerns. These fake products frequently contain up to 10 times more sugar than WHO-approved ORS and insufficient electrolytes, posing significant risks, especially for children suffering from diarrhea.

Health experts have warned that continued consumption could worsen dehydration, and parents are urged to check labels carefully before purchase. Replying in the Rajya Sabha, Minister of State for Health Prataprao Jadhav said the Food Safety & Standards Authority of India (FSSAI) has issued directions to all food business operators to remove such products from distribution channels and e-commerce platforms immediately. Enforcement authorities in all States and Union Territories have been instructed to take regulatory action under the Food Safety and Standards Act, 2006, and as of December 11, 2025, 75 notices—including improvement orders, suspension orders, and show-cause notices—have been issued to defaulting operators.

The Ministry stressed that continued monitoring and strict penalties will be enforced to prevent the sale of misleading or unsafe ORS products. **BMB**

Cancer cases in India rise over 10% in four years

India recorded a sharp rise of over 10 per cent in cancer incidence between 2020 and 2024, with cases increasing from 13,92,179 to 15,33,055, according to data from the Indian Council of Medical Research's National Cancer Registry Programme.

Replying to a question in the Rajya Sabha recently, Minister of State for Health and Family Welfare Prataprao Jadhav said the increase of nearly 1.41 lakh cases reflects improved detection as well as the growing non-communicable disease burden in the country. The minister said the Centre is strengthening cancer care under the National Programme for Prevention and Control of Non-Communicable Diseases through the National Health Mission.

As of now, 770 District NCD Clinics, 364 District Day Care Cancer Centres and 6,410 NCD clinics at community health centres have been set up, with another 297 Day Care Cancer Centres approved following the Union Budget 2025–26.

He added that 19 State Cancer Institutes and 20 Tertiary Cancer Care Centres are operational across the country, cancer treatment facilities have been approved in all 22 new AIIMS, and advanced research, including CAR-T cell therapy, is being supported through multiple biotechnology missions. **BMB**

SPOTLIGHT

Lord's-Renalyx to manufacture India's first AI-Hemodialysis Machine

Lord's-Renalyx secures licence to manufacture the Class C world's first AI-based smart hemodialysis machines, becoming the world's 6th CE-certified brand

Lord's Mark Industries Ltd. (LMIL) has achieved a defining milestone in India's MedTech landscape by receiving the licence to manufacture the Class C **World's First AI-Based Smart Hemodialysis Machines** from the **Central Drugs Standard Control Organisation (CDSCO)**, a critical step that significantly strengthens the country's self-reliance in life-saving healthcare technology. This achievement becomes even more historic as LMIL-Renalyx has now received the globally recognised CE marking, **making it only the sixth brand worldwide to earn this certification** for dialysis systems. The CE marking validates that the product meets the European Union's highest health, safety, and environmental protection standards, enabling legal access to the entire European Economic Area (EEA).

Securing a licence to manufacture the Class C World's First AI-Based Smart Hemodialysis Machines is one of the toughest regulatory achievements in India's MedTech regime. Class C devices are high-risk, life-sustaining, so even small engineering deviations can affect patient survival. To obtain this licence, companies must demonstrate full compliance across more than 140 quality, safety, and risk-management parameters, including biocompatibility proof, electromechanical safety validation, sterility assurance, traceability of every component, rigorous documentation, and multi-stage plant audits. Only a few manufacturers attempt this category because the bar for approval is comparable to global regulatory standards. This certification is therefore critical; it is the formal authorisation that allows LMIL to build advanced renal-care equipment domestically, reduce national dependence on imported machines, and ensure that India's dialysis infrastructure is supported by globally benchmarked, fully compliant, life-saving technologies.

This achievement has come at a pivotal moment for India. The country's dialysis market, valued at USD 5 billion in 2024, serves an estimated 18 to 20 lakh CKD patients, with 2.2 to 2.5 lakh new ESRD cases emerging annually. Yet India operates fewer than 6,000 dialysis centres, and demand for treatment is growing at a 10 to 12 per cent CAGR, while the nation remains heavily dependent on imported equipment.

At the heart of this breakthrough is LMIL's innovation ecosystem, which powers the World's First AI-Based Smart Hemodialysis Machines—developed jointly with Renalyx. This next-generation platform integrates AI-driven automation, predictive safety alerts, treatment optimisation, and real-time analytics to reduce human error and elevate clinical precision. The licence marks a major milestone in bringing this world-first technology to market at scale. Strengthening its innovation pipeline, LMIL-Renalyx has expanded a specialised R&D ecosystem focused on future kidney-care technologies, liver-care engineering, advanced sensing systems, and data-driven renal informatics.

Commenting on this milestone, **Sachidanand Upadhyay, managing director, Lord's Mark Industries Ltd.,** said, "This licence is not just a regulatory approval; it's a recognition of India's ability to build and lead in the world's most advanced MedTech categories. With our AI-driven Smart Hemodialysis Machine and the continuous efforts of our R&D team, we aim to redefine renal care globally. Our mission is to create intelligent, safe, and accessible healthcare technologies from India that can serve the world."

By becoming the **first Indian company to manufacture** an AI-powered Smart Hemodialysis Machine, and by securing both the Indian manufacturing licence and global CE marking, LMIL-Renalyx has laid the foundation for a new era in Indian medical technology defined by innovation, quality, and global scalability.

To know more, visit: www.renalyx.com

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Prison diaries: Upgrades and 'unjamming' plans get rolling

Central Prison officials try out tech upgrades, administrative reforms to address mobile jammers issue; plan afoot to deploy AI-based intrusion detection system

Atiya Firdos
c-syeda.atiya@timesofindia.com
TWEETS @BangaloreMIRROR

The first official visit of DGP (Prisons and Correctional Services) Alok Kumar to Parappana Agrahara Central Prison on Monday has renewed scrutiny of a system that appears to be functioning in reverse—disrupting mobile connectivity for residents outside the prison while allegedly allowing inmates to access mobile phones within one of Karnataka's highest-security facilities.

Following the visit, prison authorities are examining a mix of technical upgrades and administrative reforms to address the long-standing failure of mobile jammers. As part of a broader security overhaul, Alok Kumar announced the trial deployment of an AI-based intrusion detection system to automatically flag unauthorised movement and suspicious activity, reduce reliance on manual surveillance, and plug persistent security gaps.

Authorities will conduct a special enforcement drive for the next 15 days at Parappana Agrahara, despite manpower shortages, to tighten security and curb contraband inflow.

"There should be zero mobile connectivity inside the prison, and at the same time, residents outside should not suffer. This issue has continued for years, and while technical teams have been working on it, a permanent solution has not yet been achieved. We have asked them to study the problem further and suggest workable options," DGP Alok Kumar said.

Officials say challenge lies in balancing two competing requirements: blocking mobile networks within the prison while preventing signal disruption in surrounding areas

Strict gate checks, accountability

Officials said the challenge lies in balancing two competing requirements: blocking mobile networks within the prison while preventing signal disruption in surrounding areas. The problem is compounded by the wave-based nature of mobile signals. Technical teams have been engaged for nearly two years, and jammers recalibrated multiple times, but a satisfactory solution remains elusive. During the review, Alok Kumar emphasised strict and uncompromising checks at the main entrance. He directed KSISF officers, who man the gates, to ensure rigorous screening without lapses and to personally oversee frequent gate-level checks, amid concerns that inadequate screening has allowed mobile phones and other contraband to enter. "Everyone has to take responsibility—prison staff, KSISF, and local police. Gate-level checking is non-negotiable. Local police have also been instructed to investigate and bust networks smuggling ganja, phones, and other prohibited items into prisons," he added.

A persistent problem

Residents living around the prison have complained for years about erratic or non-existent mobile coverage, affecting routine communication and emergency response. The issue drew outrage recently after an ambulance struggled to reach a nearby home when calls failed due to network disruption.

In contrast, inmates allegedly continued accessing phones with ease. Jail jammers may have been selectively manipulated or rendered ineffective inside, while spillover impact burdened neighbourhoods, pointing to possible collusion between errant staff and organised inmate networks.

The controversy is underlined by repeated seizures. Last month, prison officials recovered 15 mobile phones, 11 SIM cards, chargers, and earbuds during a surprise inspection. In November 2025, videos surfaced showing an ISIS recruiter, serial rapist Umesh Reddy, and Telugu actor Tarun allegedly using phones and watching television inside cells. Earlier visuals of actor Darshan smoking and relaxing inside prison quarters had similarly sparked public outrage.

Fur fight: B'luru protests GBA dog shelters

Freedom Park protest highlights dangers of hasty shelter implementation, high costs, and violations of Supreme Court and ABC rules

Y Maheswara Reddy
c-y.reddy@timesofindia.com
TWEETS @BangaloreMIRROR

Around 300 citizens, including animal welfare activists, NGOs, and schoolchildren from Lawrence High School, gathered at Freedom Park on Tuesday to protest the Greater Bengaluru Authority's continued violations of a Supreme Court order. They demanded that the GBA stop using public funds to "fund the next public health crisis" through what they described as an unsafe, unscientific, and financially unsound approach. Manjari Chaitanya, founder of South Bengaluru Cares and a geneticist, said pushing the city towards a mega-shelter model would have severe public health consequences. She noted India already records high antibiotic resistance, which could worsen if street dogs, vital to urban ecosystems, are removed. Dogs help control rat populations linked to leptospirosis, plague, and other diseases.

KAUSHIK JN

Around 300 citizens gathered at the protest on Tuesday

Sujaya Jagdish, founder of Save Our Animals Charitable Trust, said the GBA continues misusing Animal Birth Control centres for purposes other than sterilisation and rabies vaccination, violating ABC Rules 2023. Nearly 200 dogs, she said, remain confined at these centres. CARE trustee Mallika Menon said shelters require time, funds, and infrastructure, and cannot be rushed. She argued taxpayers' money is being wasted on a haphazard plan. Government affidavits, she said, indicate 13 states would spend over Rs 6,000 crore to confine less than six percent of dogs, while ABC programmes cost far less.

Animal Rights Funds member Girish Anjanappa warned proposed cages measuring 3 by 4 feet would cause stress, aggression, neglect, deaths, and hardship for nearby residents. Activists urged humane, scientific population control instead of rushed mega-shelters citywide implementation.

"Despite repeated warnings, the GBA is up to no good. They continue to use ABC centres for anything other than sterilisation and rabies vaccination, as per the ABC rules 2023. Nearly 200 dogs are still being kept at ABC centres

– Sujaya Jagdish, Founder, Save Our Animals Charitable Trust (SOACT)

The elusive stolen phone

CONTINUED FROM PAGE 1

human couriers hand-carry small batches or use tourist buses as cover. By shifting phones outside India, criminals bypass the CEIR system that blocks stolen devices using IMEI numbers. Once connected to foreign networks, tracing becomes difficult due to limited international coordination, making cross-border smuggling a preferred option over illegal IMEI manipulation.

The chances of recovering stolen or lost mobile phones have become slimmer. A senior police official explained, "Earlier, there were instances where stolen phones were dismantled and sold as separate parts, but now that has reduced."

Recently, however, the Delhi Police arrested a gang that allegedly used motherboards from stolen mobile phones and fitted them into new handset bodies, making the original devices impossible to trace. The accused also reportedly altered IMEI numbers using specialised software and sold these illegally assembled or modified phones in the grey market.

During October, In a month-long special drive, Bengaluru police recovered 1,949 stolen and snatched mobile phones valued at approximately ₹3.02 crore. As part of the operation, 42 suspects were arrested, including six by the Central Crime Branch (CCB) alone, which led to the recovery of 422 smartphones worth ₹70 lakh. Police officials said the accused attempted to evade detection by wrapping the stolen phones in aluminium foil to block tracking signals. However, technological interventions helped crack several cases.

In another case, an advocate lost her mobile phone after a man allegedly harassed her and fled with the device during an evening dog walk near Upkar Layout. Police arrested a 19-year-old after reviewing CCTV footage, Police officials said the accused buried the stolen mobile phone in the soil near a construction site to evade tracking. After police left the area, he retrieved the device. He was traced and arrested the following day. Police officials BM spoke to explained that since March 2024, the police have successfully traced 894 smartphones using IMEI-based tracking through the CEIR portal.

"Even today, criminals often mask a phone's IMEI number using specialised software to erase or replace it with a fake one," Sajeeth VJ, DCP Northeast said. "This illegal practice makes the device difficult for the police to trace. In many cases, commercial software and equipment such as tools like Pendra, Miracle and Dragon, which have figured in previous Bengaluru cases, are used to access the mobile's internal memory and overwrite the original IMEI details."

Another method involves IMEI spoofing, where hackers use software modules, often after rooting the phone, to manipulate the operating system and network APIs into displaying a different IMEI, even though the original hardware identity may remain unchanged, said an expert. The telecom department's latest advisory has flagged a rise in online fraud and spoofing cases linked to the misuse of tampered IMEI numbers.

The telecom department has directed all mobile phone manufacturers, brand owners, importers and sellers to strictly comply with statutory IMEI registration norms. The government operates a central database of tampered and blacklisted IMEI numbers and has instructed businesses dealing in used mobile phones to verify IMEIs through this system before completing any transaction, after paying the stipulated verification fee.

Altruistic doctor wins approval for kidney gift

High Court clears 58-year-old medic to donate kidney without expecting payment

INFOCUS HIGH COURT

Senior doctor wins court approval to offer one of her kidneys to any eligible recipient, defying earlier rejection by the hospital committee. The judge praises her altruism, noting she sought no compensation and acted purely out of goodwill

The Karnataka High Court has permitted a 58-year-old doctor to donate one of her kidneys as an "altruistic donor" to any eligible recipient, without seeking monetary or other consideration.

Justice Suraj Govindaraj passed the order while allowing a petition filed by the doctor, whose request for permission to donate her kidney had previously been rejected by the Hospital-Based Authorisation Committee. Challenging the rejection, the petitioner told the court that she had no preference regarding the recipient and was willing to donate her kidney to any deserving person identified by the hospital, subject to medical compatibility and statutory requirements.

Appearing in person, the doctor submitted that she was fully aware of the medical and legal implications of kidney donation. She also pointed out that she had a family history of diabetes, which could affect her kidney health at an early stage, and sought permission to donate while she was medically fit to do so.

During the hearing, the court directed the committee and Manipal Hospital to verify whether suitable recipients were available and to place the relevant medical details on record. The hospital subsequently informed the court that five unrelated patients had been identified as potential recipients who were likely to be compatible with the donor, although further tests were required to confirm matching and rule out the risk of rejection. The hospital stated that the process would take three to four weeks.

Observing that such cases were uncommon, Justice Govindaraj said the petitioner had approached the court purely out of altruistic intent, without seeking any form of compensation. He noted that the rejection of her application appeared to be based on an unfounded apprehension that a private arrangement might exist between the donor and a recipient.

"The petitioner, being a doctor by profession and fully aware of the implications of kidney donation, has voluntarily expressed her willingness to donate her kidney of her own free will," the court said, adding that her request deserved due consideration.

Allowing the petition, the court directed the hospital to conduct the necessary medical tests on the identified recipients and determine the most suitable donee. The test results are to be submitted to the Authorisation Committee, which has been instructed to take a decision and pass appropriate orders within one week. All further steps are to be carried out in accordance with the prescribed legal and medical procedures. — BMB

SOCIALTATTLE

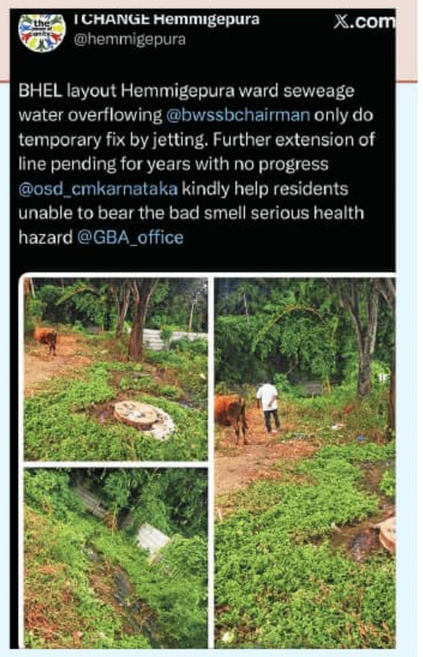
What's Tweeting

1. Platform X user @avinbhat highlighted of the absolute chaos at BLR Airport T2 as faulty parking management leaves commuters trapped for over an hour. Shoddy systems, rude staff and zero crowd control have pushed frustrated passengers to the brink, raising serious questions about accountability and basic passenger convenience.

A social media user posted of the illegal posters pasted on walls. @sunilho stated that public property vandalised at Tin Factory Hanging Bridge flyover, with posters pasted for over 500 metres along the service road towards Mahadevpura–ITPL. This mindless, uncivilised act mars public infrastructure and festive spirit. Authorities must act, penalise offenders and restore the stretch immediately.

Sunil H P
@sunilho
X.com
@EASTCITYCORP @GBA_office @GBAChiefComm Sirs, please look into this public property vandalism at Tin factory flyover. This is sheer mindless and uncivilized. Such things bring no merry to Xmas or happy to new year. Please penalize @CMofKarnataka @osd_cmkarnataka @DKShivakumar
7:17 AM · 16/12/25 · 478 Views

Sewage water continues to overflow in BHEL Layout, Hemmigepura Ward, as BWSSB resorts only to temporary jetting solutions. The long-pending sewer line extension remains stalled for years, leaving residents to endure foul stench and serious health hazards. Immediate, permanent action is urgently needed.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INBRIEF

No free power: Vigilance squads step in

Vigilance units have been set up in all power supply companies across Karnataka to detect electricity theft and misuse and to take action in accordance with the law, Energy Minister KJ George informed the Legislative Council on Tuesday. He said the vigilance teams are headed by Superintendents or Deputy Superintendents of Police, along with Vigilance Executive Engineers, with dedicated staff deployed at district-level police stations in coordination with local power supply company officials.

Replying to a starred question by member Suraj Revanna, the minister said these teams conduct regular inspections and surprise raids to curb power theft and misuse. Upon detection, electricity supply is immediately disconnected, cases are registered, and special squads at the police station level carry out mass inspections.

Action is taken under Sections 126 and 135 of the Electricity Act, 2003, with non-cognisable and cognisable cases registered respectively, penalties imposed in line with KERC guidelines, and cases under Section 135 tried in special courts. —BMB

Caught without a ticket? rail penalties soar

Passengers are advised to exercise caution before boarding a train without a ticket, as South Western Railway's intensified enforcement has sharply increased penalties and collections across its network. Between April and November 2025, the railway zone earned ₹45.89 crore by detecting 5.57 lakh cases of ticketless and irregular travel, marking a 40 per cent jump in revenue compared with the same period last year. In November alone, 67,000 cases were booked, fetching ₹5.36 crore, up from 54,000 cases and ₹3.35 crore in November 2024, reflecting a 24 per cent rise in detections and a 60 per cent surge in monthly earnings.

Railway officials attributed the higher revenue to sustained ticket-checking drives, surprise inspections, and tighter on-board enforcement across stations and trains under the South Western Railway zone.

With passenger movement expected to rise during the festive and peak travel season, authorities indicated that such checks would be further intensified, urging passengers to travel only with valid tickets and proper authorisation to avoid penalties and inconvenience. —BMB

60 parole pleas a day: HC sounds alarm

The Karnataka High Court expressed concern over the mounting burden of parole petitions, with as many as 60 applications listed before a single judge in one day. Observing that hearing such a large number of pleas would take an entire day, Justice Suraj Govindaraju remarked that the workload on the courts could be reduced if prison authorities themselves examined parole requests and passed appropriate orders in accordance with the law. The judge directed the government advocate to convey this suggestion to jail officials, noting that otherwise the judiciary would continue to face avoidable pressure.

During the afternoon session, the court heard and disposed of over 25 parole pleas within an hour and a half; however, several applications were still pending even at 4.50 pm. In one case, the court rejected a parole plea filed by the wife of a life convict seeking 90 days' release, after it emerged that the prisoner, earlier granted 30 days' parole, had absconded for 11 years and was traced and returned to prison only last year. The judge observed that granting parole again could result in a repeat of the same situation and held that the convict was therefore not eligible for parole. —BMB

Pvt hospitals must put out details on health portal

The State Health Department has directed all private hospitals registered under the Karnataka Private Medical Establishments (KPME) Act to mandatorily submit complete and accurate data on the Health Management Information System (HMIS) portal, warning of strict action against defaulters.

Since 2023–24, the government has been collecting private healthcare data through HMIS. In the first phase, hospitals conducting deliveries were onboarded. At the state level, 1,917 private hospitals have been created on the portal, provided user credentials and training.

However, despite repeated circulars mandating monthly uploads by the 5th, several hospitals have failed to submit data or left key indicators incomplete. Officials said this affects monitoring and evaluation of health programmes.

District authorities have been asked to onboard eligible hospitals immediately, with non-compliance attracting action under Section 15(1) of the KPME Act, 2017. — BMB

Plea against rafting in Kali River

A petition has been submitted to the Principal Secretary, Forest, Ecology & Environment Department, seeking intervention against the state government's recent decision to allow private operators to conduct white water rafting in the Kali River.

The petition highlights that a high-level Government decision taken in 2010 mandated that rafting in the Kali River be conducted exclusively by Jungle Lodges and Resorts Ltd. (JLR). This position was reaffirmed by the Tourism Department through a letter in 2022, noting that the rafting stretch falls within the Hornbill Conservation Reserve and that only JLR should be permitted to operate in the interest of safety and conservation.

However, the Deputy Commissioner, Uttara Kannada, has permitted private operators, triggering serious concerns regarding public safety, ecological damage, loss of Government revenue, and dilution of a proven PSU-led safety model.

Notably, Jungle Lodges and Resorts Ltd. (JLR) has also raised this concern through an objection letter to the Deputy Commissioner, Uttara Kannada, stating that in line with the policy decision taken in 2010, JLR has been conducting white water rafting in the Kali River for the past 22 years, with experienced staff and strict operational discipline.

JLR's objection also points out that, in recent times, certain private operators have been conducting rafting activities illegally in the Kali River without obtaining mandatory approvals from the Forest Department, which has resulted in a significant decline in revenue to JLR, a Government undertaking. It has also created concerns regarding public safety, as rafting is a high-risk activity that demands strict adherence to safety norms and trained personnel. "Through the petition, I have requested the Principal Secretary to issue immediate directions to the deputy commissioner to withdraw the permission granted to private operators for white water rafting in the Kali River. Authorities should reiterate that white water rafting in the Kali River should be undertaken exclusively by JLR, as per Government decisions and departmental communications. The district and forest authorities should stop all illegal rafting activities being carried out without approval of the Forest Department and ensure strict compliance with conservation, safety, and regulatory norms," said Giridhar Kulkarni, a wildlife conservationist. **BMB**

Menu: Mainly fruit, but some bakery items too

CONTINUED FROM PAGE 1

may engage in closer contact with macaques than those aware of risks," the study has noted.

The survey also underlines that out of the 399 people who admitted to feeding the monkeys, the majority gave fruits. However, other food items such as bakery items, uncooked and cooked food, were also offered.

While fruits are perceived as natural food for primates, experts caution against 'too much' fruit provisioning as it can alter macaque dietary patterns and increase population densities beyond natural carrying capacity.

"The high sugar content in provisioned fruits may also contribute to health problems in urban macaque populations," noted researchers.

Experts recommend a multi-throng approach to managing human–monkey interactions that will help reduce zoonotic disease risks and improve public safety while respecting cultural values.

According to researchers, zoonotic-risk education should be delivered through channels such as religious institutions, schools, resident associations, and health workers to address misconceptions without alienating communities that value macaques.

Rather than blanket feeding bans, a context-specific rule, such as ban on feeding at hotspots like temples, markets, and waste sites, should be implemented. This should further be supported by clear signage, designated feeding areas, and better food-waste management.

"Targeted financial or technical support for installing monkey-proof storage, grills, or nets would assist economically disadvantaged households facing recurrent medium to high property damage, and reduce the perceived need for harmful deterrents. Integrating habitat corridors, green buffers, and canopy connectivity into urban planning can reduce forced spatial overlap and provide alternative foraging opportunities for macaques away from dense residential cores," the survey conducted by researchers from the Department of Zoology of Bangalore University noted.

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CHANGE OF NAME

I, Javeed Baig D/o Mohammed Hussain, R/o Makka Masjid Road, Chikmagalur, Karnataka have changed my name to Rizwana Salma for all purposes

I, MRUTYUNJAYA HIREMATH, Residing at 385, 2nd Main, Byraveshwara Layout, Hennur Bande, Bengaluru – 560043, have changed my name to MRUTUNJAYYA HIREMATH vide affidavit dated 11/10/2025, sworn before notary Venkataraju H G, Bengaluru.

I, AROGYA FELIX RAJA. A S/o. Sri. Arogya Swami. D., Resident at No. 16, Kadirappa Road, Puloramma Slum, Doddigunta Fras, Bangalore-560 005 declare that in my documents wrongly entered my father name as AROGYA SAMI correct name is AROGYA SWAMI D vide Affidavit dated 16.12.2025. sworn before notary V Anjanappa, Bangalore.

I, Mulla Arshiya S/o Mulla Rahmatullah R/o No.3-66B, D.Hirehal, Anantapur-515872. Have changed my name to Arshiya Mulla Shaik all Purposes

I, Kadam Prabhavati Chandrakant W/o Prashant Mahadev Kate R/o No.17, 21 St Cross, Cubbonpet, Bengaluru-560002. Have Changed My Name to Kavita Prashant Kate for All Purposes.

I, Mardish Yelahanka Ramakrishna R/o No 419/1, C B Sandra Someshwara Nagara Main Rd, Yelahanka New Town Bangalore-560064 have changed my name to Vishal Kumar Gowda for all purposes.

I, Muralikrihna Erappa S/o Erappa R/o No 165 Fl No 1f2 3rd Main Roadngef Layout, Sadanandanagar, Bengaluru-560038. Have Changed My Name to Muralikrishna Erappa for All Purposes.

I, Keerti D/o Suresh Patil R/O H.No C3,2nd Floor, Dhanushita Apts, E Cross,Ideal Homes Layout, Rajarajeshwari Nagar, B'luru 560098 have changed my name to Keerti Suresh Patil for all purposes.

I Shiv Kumar Dhurendra Prasad S/o Dhurendra Prasad,Flat No - T 119, Harshita Meridian,17 th Cross,15th Main,5th Phase,J P Nagar,Bengaluru -560078 have changed my name to Shiv Kumar for all purposes.

SUKUMAR R S/O RAJASHEKAR Resident of No 172/2 Sairam Nilaya 4th A Cross Opposite Silicon Tower Apartment Byrasandra C V Raman Nagar Bengaluru 560093 I have Changed my neme from SUKUMARA R To SUKUMAR R ForAll Purposes

I, Sushma R W/O Raghu Nayagam J No-20, Subbannapalya Bangalore, have changed My Name from Sushma Raghu Nayagam To Sushma Nayagam Raghu Nayagam for all Purposes by an Affidavit Sworn Before Narendran Public Notary Dated 11-12-2025

I, SANGEETHA VENKATESH, Residing at No.74/17, Rajkumar Road, Near Kashivishvanath Temple, Agara Bengaluru – 560102, have changed my name to SANGEETHA RAMACHANDRA REDDY, vide affidavit dated 17/11/2025, sworn before notary Venkataraju H G, Bangalore.

I, Rizwana Salma S/o Anwar Baig, R/o 9th Main, 4th Cross, PG Layout, Tumkur,Karnataka have changed my name to Javeed Baig for all purposes.

I, Mary Bhalla, W/O Late Vineet Bhalla, R/O 263D, Borewell Rd, Whitefield, Bangalore, have changed to Mary Asha Christine Bhalla, henceforth.

I, Manjunath R S/o Ramakrishna R/o No 01,2nd Main Road Jai Maruthi Nagar Nandini Layout B'lore-560096 have changed my name to Manvith R

LOST & FOUND

I, VENKATESHA REDDY AGARA SHANKARA REDDY, Residing at No.74/17, Rajkumar Road, Near Kashivishvanath Temple, Agara, Bengaluru – 560102, have changed my name to VENKATESH REDDY AGARA SHANKAR REDDY vide affidavit dated 17/11/2025, sworn before notary Venkataraju H G, Bangalore.

LOST: I, SHOBHA G, W/o Hanumaiah, residing at Aralu mallige, Doddaballapura Taluk, Bengaluru District, Karnataka, have lost the original sale deed of the property bearing East–West 15 feet and North–South 40 feet, totaling 600 square feet being the wife's half share, out of Property Assessment old No. 84 and present No. 84/1, situated at Laggere Village, Yeshwantha pura Hobli. The said property falls under Ward No. 31 of the City Municipal Council, bearing Khata No. 84, & is presently within the limits of the Bruhat Bengaluru Maha nagara Palike (BBMP), forming part of Property No. 60. Complaint no. PO0262250600700 LAG-1-04032-2008-09. The said property was purchased by the applicant through a registered Sale Deed dated 29/11/2008, registered at the Office of the Sub-Registrar, Laggere, vide Document No. 4032/2008–09, Book No.1. The original sale deed of the said property was lost on 23/10/2025. Finder pls contact: 82966 86026 or Handover to the nearest police station

GALLERIA

HEALTH TIP: Carry a personal hygiene kit with sanitiser, wipes, seat covers, and female urination devices to prevent infections during stops

Drink caffeine-free teas like ginger, chamomile, cinnamon, peppermint, lemongrass, improve digestion, and relax your body naturally

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MIND, DANGER AND SELF-SABOTAGE

When the mind is alerted to danger: nail biting, procrastination and other forms of self-sabotage

The neurons in the brain can make us believe in things that do not exist, anticipate our decisions, activate selectively in response to visual stimuli, and interact with each other to store the information that makes up memory.

These capacities are described in several books by neurobiologist and science communicator Rodrigo Quian Quiroga, currently a researcher at the Catalan Institute for Research and Advanced Studies (ICREA) at the Hospital del Mar Research Institute in Barcelona.

This ability of the central nervous system allows humans to predict consequences and make decisions. It is considered essential for survival.

Self-sabotage as a warning sign

When we feel nervous or threatened, we may bite our nails, crack our knuckles, scratch our skin, or repeatedly tap ourselves with a pen or other object. Faced with a complex task in which much is at stake, we may also procrastinate until time runs out.

According to clinical psychologist Charlie Heriot-Maitland, these behaviours originate in survival instincts. In his book, Controlled Explosions in Mental Health, he explores how the brain may use small, controlled forms of harm as a protective strategy to prevent greater damage.

Procrastination, such as postponing an important report, project or decision, can be understood as a defence against the fear of failure, rejection, and the emotional pain that might follow. By delaying action, the individual temporarily avoids confronting those feelings.

It demands extreme concentration and attention to detail in an attempt to eliminate mistakes and prevent failure. While this can lead to high-quality outcomes, it also exposes individuals to chronic stress, exhaustion and burnout, which may ultimately result in failure.

Excessive self-criticism functions in a similar way. When taken to extremes, it creates a misleading sense of control and self-sufficiency, while reinforcing anxiety and self-doubt.

All these behaviours reflect the brain's deep need for a predictable and controllable environment. Situations that are uncertain or poorly defined are perceived as threats, and the brain does not manage them easily.

An evolutionary defence mechanism

The geneticist Theodosius Dobzhansky famously stated that "nothing in biology makes sense except in the light of evolution." This principle applies not only to physical traits but also to brain function and behaviour.

Our primary protection against danger lies in intelligence and the ability to analyse, anticipate, confront or avoid threats. As a result, the brain has evolved to detect danger constantly, even in situations where no real threat exists.

The brain's alert or threat system, including fear responses, activates neural processes that assess risk, predict outcomes and attempt to resolve danger. Neurotransmitters such as norepinephrine, dopamine, and glutamate heighten sensory perception and neural activity, preparing the body to respond and survive.

A major problem with self-sabotaging behaviours is that they can become self-fulfilling prophecies. Overconfidence may lead individuals to underestimate challenges.

Conversely, an intense fear of failure may cause people to avoid opportunities and situations they are fully capable of managing. In both cases, the brain's attempt to protect the individual ultimately limits growth and achievement.

Self-harm in adolescence

Self-harm among adolescents deserves particular attention, as it is more common than often assumed. This includes behaviours such as cutting and other forms of non-suicidal self-injury (NSSI).

Such actions often occur during intense stress and are linked to anxiety and depression. From a neurological perspective, this behaviour can be interpreted as a defensive strategy in which the brain tolerates minor physical harm to reduce psychological pain perceived as far greater.

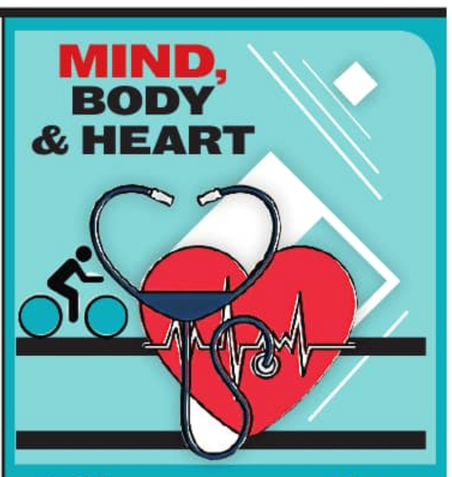
Experiences such as abuse, bullying, trauma, substance misuse, parental separation, depression, anxiety, or social isolation can all contribute to this response. Minor self-inflicted injury may trigger the release of endogenous opioids, including beta-endorphins, which temporarily reduce emotional distress.

Children and adults with autism spectrum disorder (ASD) represent a distinct group, as autism is considered a risk factor for self-harming behaviours. These may include head banging, biting, scratching, hair pulling, or other forms of injury.

In many cases, such actions serve to reduce anxiety, manage sensory overload from noise, light or smell, or cope with confusing and stressful situations. In biological terms, this can function as a form of self-regulation that prevents more intense distress or aggression.

Heriot-Maitland advocates psychological therapies that reduce the need for self-harm while helping individuals confront reality with less fear and suffering. Understanding the evolutionary and neurological roots of these behaviours is essential for developing effective and compassionate treatment approaches.

By Guillermo López Lluch, Pablo de Olavide University (The Conversation) for long term mental health



All you need to know about...

Signs of dementia risk

6 symptoms
Six depressive symptoms in midlife such as not being able to cope with problems and losing confidence in oneself might predict risk of dementia two decades later, according to a new study.

Tensed, nervous
Feeling nervous and tensed most of the time, not feeling warmth and affection for others and difficulties concentrating were among the six symptoms contributing towards dementia, according to the findings published in The Lancet Psychiatry journal.

Cluster of symptoms
Researchers led by those at the University College London said the cluster of specific symptoms, rather than depression overall, could indicate the relationship between midlife depression and dementia risk in later life.

Clearer picture
Lead author Philipp Frank from University College London's division of psychiatry, said, "Our findings show that dementia risk is linked to a handful of depressive symptoms rather than depression as a whole. This symptom-level approach gives us a much clearer picture of who may be more vulnerable decades before dementia develops."
The increased risk of dementia was driven entirely by the six specific symptoms in adults under 60 -- loss of self-confidence and difficulty coping with problems were each associated with a roughly 50 per cent increased risk of dementia, the researchers found.
Symptoms such as loss of self-confidence, difficulty coping with problems, and poor concentration can lead to reduced social engagement and fewer cognitively stimulating experiences, both of which are important for maintaining cognitive reserve, the team noted.
They explained cognitive reserve as the brain's ability to cope with damage or disease, allowing one to maintain normal thinking and function even when the brain is physically affected. —PTI

MIRRORLIGHTS

When society rushes motherhood decisions

Indian families and communities often place age-driven expectations on motherhood. Once a woman crosses 30, anxiety frequently sets in, fuelled by family conversations, social comparisons and cultural pressure.

Health experts emphasise that decisions around having children should be guided by personal readiness, overall health and access to medical care, rather than rigid timelines imposed by society.

Across urban India, a visible shift is underway. Many women are choosing to prioritise higher education, career growth, financial independence and emotional stability before planning a family, reflecting changing aspirations and realities.

Doctors note that despite these shifts, women continue to face intense pressure from relatives and social circles, largely centred on age-related fears rather than medical facts.

Experts explain that while fertility does gradually decline with age, particularly after the mid-30s, this biological reality should not be used to create panic or rushed decisions. Instead, specialists stress informed planning, early consultations and regular health screenings.

"There is a clear medical relationship between age and fertility, but it must be communicated responsibly. Using age to pressure women is neither fair nor helpful," said Dr Swapnil Agrahari, obstetrician and gynaecologist at Silverstreak Multispeciality Hospital.

Gynaecologists add that advances in reproductive medicine, prenatal diagnostics and pregnancy monitoring have significantly improved outcomes for women who conceive later. Conditions such as gestational diabetes or hypertension can be effectively managed when detected early.

Experts reiterate that motherhood is a deeply personal decision and should never be reduced to a deadline. Society must evolve to respect choice and wellbeing fully. —PTI

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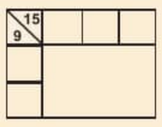
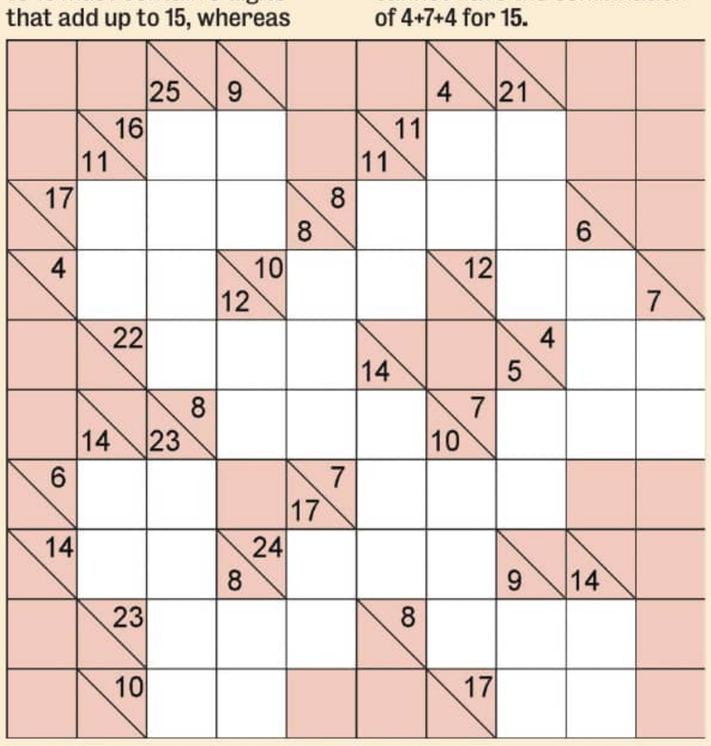
Kakuro

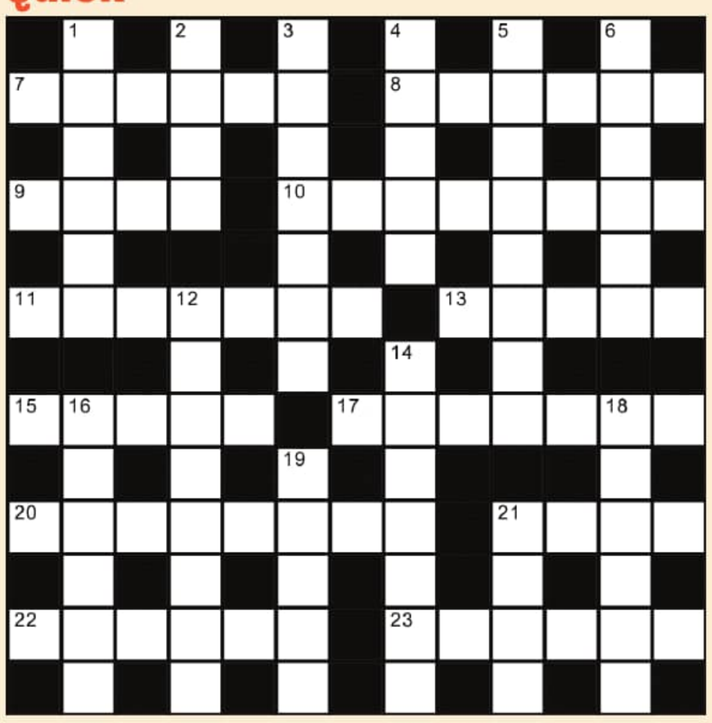
The numbers in the grey squares refer to the sums of the digits that you must fill into the empty spaces directly below or to the right of the grey square containing the number. For instance, in the given example, the 3 boxes horizontally next to 15 must contain 3 digits that add up to 15, whereas for 9, it is the 2 boxes placed vertically under it that must add up to 9. No zeros are used here, only the digits 1 through 9.



Note: A digit cannot appear more than once in any particular digit combination. For instance, in the example, we cannot have the combination of 4+7+4 for 15.



Quick



ACROSS

7 European monarchy (6)
8 Dive head on into (6)
9 Basin; dish or cup (4)
10 Extra hours worked (8)
11 Srinagar locale (7)
13 More sheer or flimsy; thinner? (5)
15 An unforeseen development (5)
17 Annoying constantly (7)
20 Marlene ____ : German actress and singer ? (8)
21 Goalkeeping feat (4)
22 Loquacious (6)
23 Wild ass or donkey (6)

DOWN

1 Japanese car manufacturer (6)
2 Brick erection (4)
3 Make an attempt or have a bash at? (2,3,2)
4 Distraught (5)
5 Giving up (8)
6 Tourist destination where R K Narayanans Malgudi Days was filmed (6)
12 Be reluctant (8)
14 Style or mode of dress (7)
16 Arsenal legend Ian ___ (6)
18 Armadas; sea forces (6)
19 Tripoli is its capital (5)
21 Shut noisily (4)

Quoteuncode

This puzzle is a substitution cipher in which one letter stands for another. If you think that Q equals C, it will equal C throughout the puzzle. Single letters, short words and words using an apostrophe give you clues to locating vowels. Solution is by trial and error.

Today's CLUE: M EQUALS G

RXH YQEA XRA GZTGFE
AINXU AIGA BHHZNXM
NE HDHKFAINXM. GKA NE
XRAINXM TNAIRQA BRKY.

Linemaro

Help, I am drowning in your eyes!

Mindchow

Life begins at the end of your comfort zone

Joke of the day

What animals are on legal documents? Seals

Loop

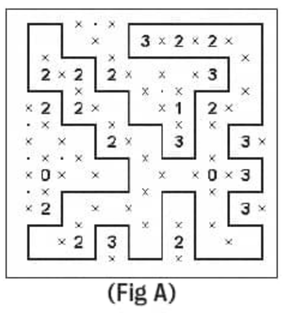
Rules

» Connect adjacent dots with vertical or horizontal lines, creating a single loop (Fig A). » Crossovers or branches are not allowed (As shown by dotted lines in Fig B). » Numbers in the puzzle indicate the number of lines that should surround it, while empty cells may be surrounded by any number of lines. » You can't draw lines around zeros. » Each puzzle has just one unique solution.

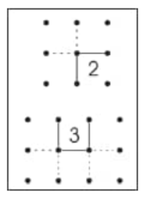
How to begin:

Example (Fig A) – Begin with the zero next to 3. Since no lines can be drawn around zero, mark crosses around it, as shown. Now there is a cross in one space around 3. So we know the three lines of 3 can only be drawn in the remaining three spaces. Next, these lines can only be extended in one direction each. Continue, using the same logic.

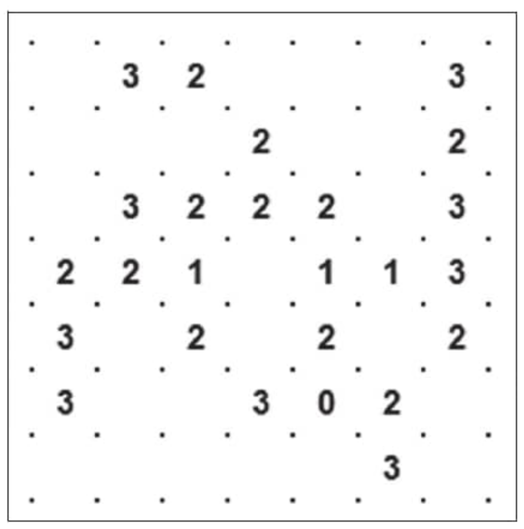
Hints: Keep eliminating possibilities by marking crosses in spaces between dots where a line isn't possible, i.e., if you have already completed required lines or where a line extension may create a branch or cause a dead-end (Fig B)



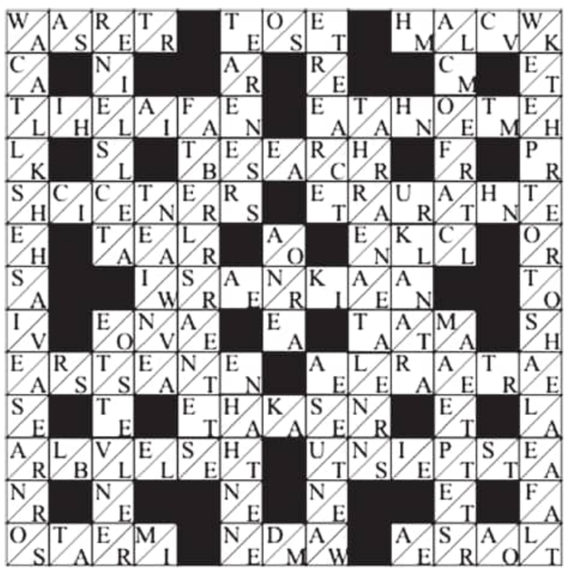
(Fig A)



(Fig B) Not Allowed



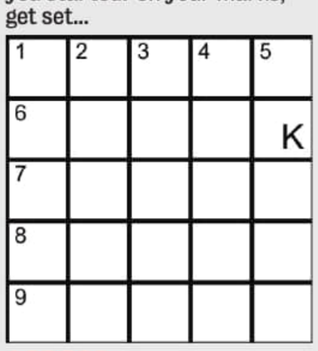
Strikeout



This crossword has no clues and the answer is there waiting for you. All you have to do is find it in each square. You have a choice of two letters, one of which you must strike out. If you choose correctly, you will be left with a grid that contains real words.

Fast five

How long do you think it will take you to unscramble the ten words shown below and fit them correctly into the grid in the order given one letter has already been entered to get you started? on your marks, get set...



ACROSS

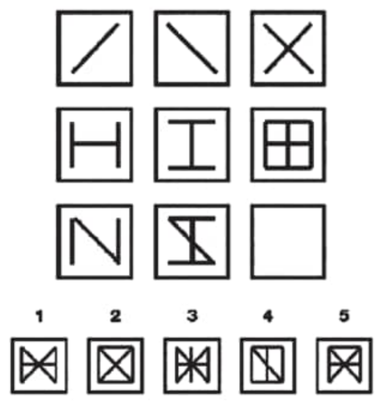
1 Sat ok; 6 Conk R;
7 Too pi; 8 Aline;
9 Cased

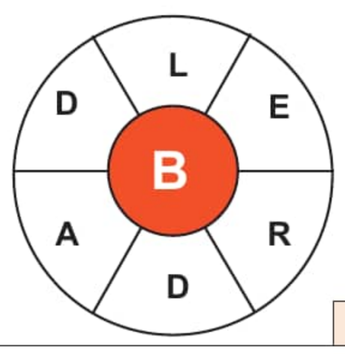
DOWN

1 To cad; 2 Akron;
3 Optic; 4 Alone;
5 Ek Sis

Mensapuzzle

Which pattern completes the grid?





Bull's eye

How many words of four or more letters can you make from the letters shown? Every word must contain the central letter. There should be one seven-letter word. British English Dictionary is used as a reference.

20 Average; **22** Good; **24** Outstanding

SudokuChallenge

9		4				1		2
	2						5	
		5		6		7		
8		1	6		5	3		9
			8		2			
6		2	9		3	8		1
		7		9		6		
	6						1	
1		8				4		5

To solve a Sudoku puzzle, every digit from one to nine must appear in each of the nine vertical columns, in each of the nine horizontal rows and in each of the nine boxes.

Gofigure

Place the four numbers in the first, third, fifth, and seventh boxes and whatever operators you care to use in the second, fourth, and sixth boxes in the correct order to get the answer. Use the numbers only once.

Easy

= 5

2 6 6 7

Medium

= 15

9 5 3 1

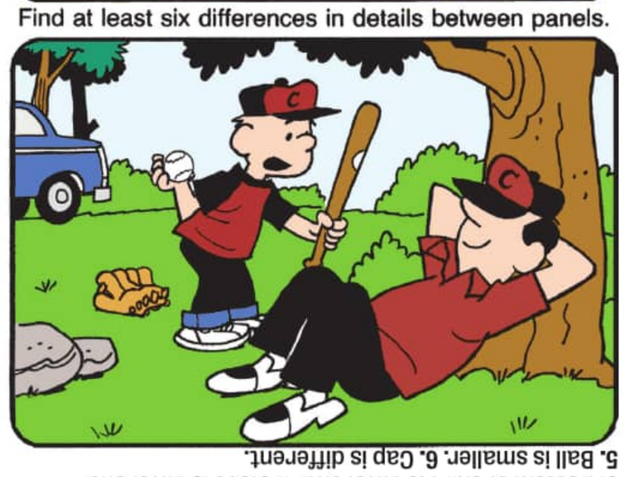
Hard

= 8

4 5 7 8

Hocusfocus

Find at least six differences in details between panels.



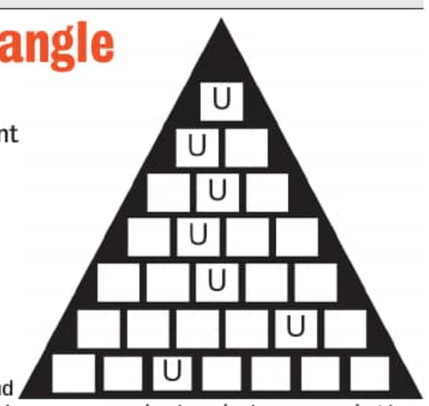
Differences: 1. Sleeve is shorter. 2. Foot is moved. 3. Bottom of shirt is different. 4. Glove is different. 5. Ball is smaller. 6. Cap is different.

Riddler

A spoonerism is a pair of words that can have their initial sounds switched to form new words. The pairs need only sound the same, not necessarily be spelled the same (power saw & sour paw, horse cart & coarse heart). There may sometimes be one or two connecting words (kick the stone & stick the cone, king of the rats & ring of the cats). Given the following definitions, what are the spoonerisms? 1) a container for a container & the bottom of a coffin 2) a cunning wolf relative & insect foot coverings.

Alpha triangle

1 21st letter
2 United Nations
3 Press for payment
4 Bankroll
5 Discovered
6 Swiss dish
7 Fail utterly

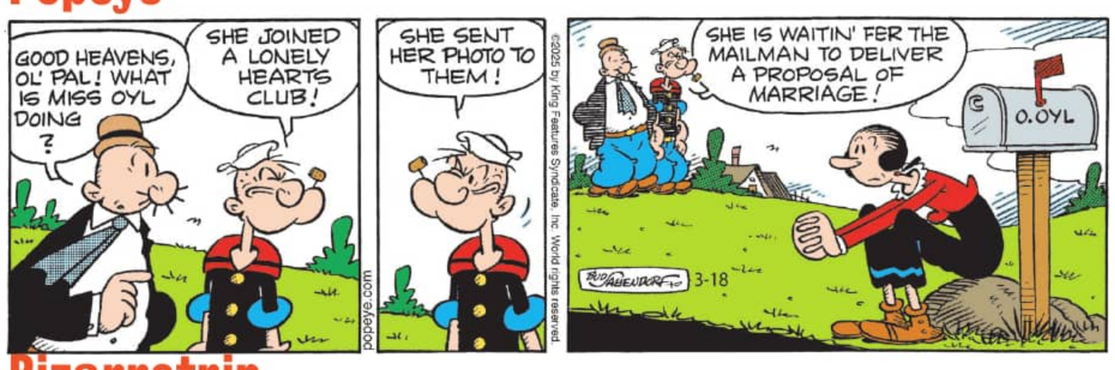


Beginning at the top move towards the bottom seven-letter word by adding a letter at each step and rearranging. A correct and different word must be made at each step answering to the clue given.

DIFFICULT TO SOLVE? FIND THESE SOLUTIONS ON THE NEXT PAGE »

COMICS

Popeye


GOOD HEAVENS, OL' PAL! WHAT IS MISS OYL DOING ?
SHE JOINED A LONELY HEARTS CLUB!
SHE SENT HER PHOTO TO THEM!
SHE IS WAITIN' FER THE MAILMAN TO DELIVER A PROPOSAL OF MARRIAGE!
O.OYL
3-18
popeye.com

Bizarrotrip

Wayno & Piraro 9·6·25
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Yes, I can assure you that the pie charts in this presentation are all gluten-free.
Dist. by King Features

Diamond Lil

Hart of the city

WHEN YOU DON'T HAVE A LOT OF MONEY, YOU HAVE TO MOVE A LOT. SO MUCH THAT YOU CAN'T REALLY MAKE ANY ROOTS ANYWHERE.
I THINK... I THINK I'M READY FOR SOMETHING STABLE.
LEE, YOU DESERVE SOMETHING STABLE. AND I'M SO EXCITED FOR YOU TO GET IT.
THANKS, KAT.
HEART OF THE CITY © 2025 ANDREWS MCMEEL.
GOCOMICS.COM/HEARTOFTHECITY

Crankshaft

'IT WAS TOO DIFFICULT TO DO THE STRIP AND STILL CONTINUE TEACHING... SO I LEFT TEACHING FOR THE DRAWING BOARD.'
THAT DAY MARKED THE LAST TAN THAT I WOULD EVER HAVE!
© 2025 Mediagraphics, Inc. Dist. by Andrews McMeel Syndication
BATIUK & DAVIS

Mutts

WRITTEN IN THE STARS

DR SUNDEEP KOCHAR

If it's your birthday today

A breakthrough in self-understanding is possible when you revisit an old skill or hobby you once loved. This personal rediscovery reminds you of your innate talents outside of career pressures. Use this revived confidence to approach a challenging idea with fresh, bold optimism. Adventure isn't just outward; explore your own history today.

Aries Mar 21–Apr 20
After recent stress, prioritise fun and relaxation today. Treat yourself, savour tasty indulgences, and enjoy new experiences. Lighthearted moments replenish your energy and help you return refreshed and focused again.

Taurus Apr 21–May 20
Observe surroundings today, noting details that teach you valuable lessons. Absorb information patiently and apply new learnings at work and home. Dedicate time to study, grow, and evolve steadily forward.

Gemini May 21–Jun 21
Savour simple pleasures today; avoid complicating routines. Appreciate small joys, slow down to notice beauty, and let gratitude lift your spirits. Simplicity fuels positivity, keeping your mood light and cheerful.

Cancer Jun 22–July 23
Things are aligning for you now; results of persistent effort finally appear. Stay optimistic, keep positive energy high, and welcome opportunities. Maintain gratitude to attract further favourable developments in life.

Leo Jul 24 – Aug 23
Accept setbacks as natural lessons rather than failures. When things go wrong, extract wisdom, adjust your approach, and persevere. Resilience grows through mistakes; maintain optimism and continue striving confidently daily.

Virgo Aug 24–Sep 23
Practise gratitude today by acknowledging your blessings and counting small wins. Shift focus from negativity; set precise short-term goals, and create a realistic plan to progress steadily towards achievements.

Libra Sep 24–Oct 22
Turn inward and prioritise self-care. Singles seeking love should invest in personal growth today. Reflect, recharge, and watch subtle signs (especially related to the letter M) guide fortunate romantic possibilities.

Scorpio Oct 23–Nov 22
Your ambitions take shape now as long-held dreams begin materialising. Embrace this auspicious momentum, act decisively, and capitalise on favourable timing. Gratitude and focused effort attract continued success into your life.

Sagittarius Nov 23–Dec 22
Today is rich with learning opportunities, soak up new knowledge both professionally and personally. Explore unfamiliar subjects, broaden horizons, and apply fresh insights to future plans for long-term growth and expansion.

Capricorn Dec 23–Jan 20
Avoid comparing your path to others; every journey follows unique timing. Focus inwardly on your progress and trust gradual growth. Release insecurity, embrace patience, and honour your steady personal development.

Aquarius Jan 21–Feb 19
After turmoil, enjoy a fresh, productive day. Ramp up your work pace and capture momentum. Conversations about children's education may surface, address them calmly. Use this energy to build meaningful progress.

Pisces Feb 20–Mar 20
Guard your words today; speak gently and thoughtfully to avoid hurtful consequences. Seek reliable support from trusted people and keep them close; their steady presence provides comfort and honest guidance.

www.sundeepkochar.com

KIDZONE

Amara, Bengaluru

Ananya, Bengaluru

Kidzone, Bangalore Mirror, No. 74/2, Sanjana Plaza, 4th & 5th Floor, Elephant Rock Road, Jayanagar 3rd block, Bengaluru-560 011;
Please send hard copies of your artwork in A4 size only.

SOLUTIONS

SOLVE IN 1M
√(3⁴ x 3²) =
√3^6 =
3^(6/2) =
3³=27

RIDDLER
1) basket case
& casket base,
2) sly fox & fly
socks

FAST FIVE

O	K	T	A	S
C	R	O	N	K
T	O	P	O	I
A	N	I	L	E
D	A	C	E	S

QUOTE UNCODE
One must not always think that feeling is everything. Art is nothin. Art is nothing without form.

STRIKE OUT

S	A	R	I	■	N	D	A	■	E	R	A	T	■	■
R	■	E	■	E	■	N	■	E	■	F	■	■	■	■
A	B	L	E	S	T	■	T	S	E	T	S	E	■	■
E	S	S	E	N	T	I	A	L	■	T	■	■	■	■
V	■	O	V	A	■	E	■	T	A	M	■	H	■	■
A	■	I	R	A	N	I	A	N	■	■	■	T	■	■
H	■	T	A	R	■	O	■	E	L	L	■	O	■	■
S	C	E	N	E	S	■	T	R	U	A	N	T	■	■
L	■	L	■	B	E	A	C	H	■	R	■	P	■	■
L	I	L	I	A	N	■	A	T	H	O	M	E	■	■
A	■	I	■	R	■	R	■	M	■	E	■	■	■	■
W	A	R	T	■	E	S	T	■	H	A	C	K	■	■

QUICK

■	■	■	■	T	■	E	■	A	■	N	■	M	■	S
■	■	■	C	H	A	T	T	Y	■	O	N	A	G	E
■	■	■	G	■	A	■	B	■	I	■	L	■	I	R
■	■	D	I	E	T	R	I	C	H	■	S	A	V	E
■	■	R	■	I	■	L	■	S	■	■	■	■	A	■
T	W	I	S	T	■	R	A	G	G	I	N	G	■	■
■	■	■	■	E	■	T	■	F	■	N	■	■	■	■
K	A	S	H	M	I	R	■	F	I	N	E	R	■	■
■	■	T	■	■	■	R	■	T	■	B	■	■	■	■
B	O	W	L	■	O	V	E	R	T	I	M	E	■	■
■	■	Y	■	L	■	F	■	S	■	I	■	U	■	■
M	O	N	A	C	O	■	P	L	U	N	G	E	■	■
■	■	T	■	W	■	G	■	U	■	Q	■	A	■	■

MENSA PUZZLE
4

BULL'S EYE
abed, able, abler, bade, bald, bale, baler, bard, bare, bared, bead, bear, beard, BLADDER, blade, bladed, blare, blared, blear, bled, brad, bread, bred, drab

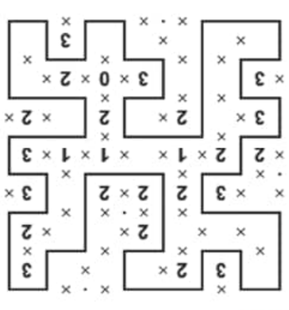
SUDOKU

9	8	4	3	5	7	1	6	2
7	2	6	1	8	4	9	5	3
3	1	5	2	6	9	7	8	4
8	7	1	6	4	5	3	2	9
4	9	3	8	1	2	5	7	6
6	5	2	9	7	3	8	4	1
2	4	7	5	9	1	6	3	8
5	6	9	4	3	8	2	1	7
1	3	8	7	2	6	4	9	5

ALPHA TRIANGLE
U, UN, Dun, Fund, Found, Fondue, Founder.

GO FIGURE
Easy
6 + 7 - 6 - 2 = 5
Medium
9 \ 3 x 1 x 5 = 15
Hard
5 - 8 + 7 + 4 = 8

LOOP



KAKURO

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 # Hollywood shocker
Actor-director Rob Reiner found dead with wife in Los Angeles home; police are investigating case as 'apparent homicide'

When love finds a way

Angad Bedi reveals how his friendship with Neha Dhupia blossomed into love

Angad Bedi and Neha Dhupia surprised everyone by getting married in a small gurudwara ceremony in 2018. They hadn't spoken about their relationship before, so their wedding came as a shock to many. A few months later, they welcomed their daughter, Mehr. Now, Angad shared how their friendship slowly turned into love and then marriage.

When Angad met Neha

Recalling how it all began, Angad shared the story of his first encounter with Neha. He said, "She was wearing cycling shorts and running a lot. I saw her, and my friends told me, 'She is Miss India; Neha Dhupia is her name.' I said that she looks very fit and her running style is very nice. The next day, we again went to see her in the gym, and then again on the third day.....Then, we stopped going for some reason."

Years later, Angad's close friend and cricketer Yuvraj Singh ended up playing cupid between the two.

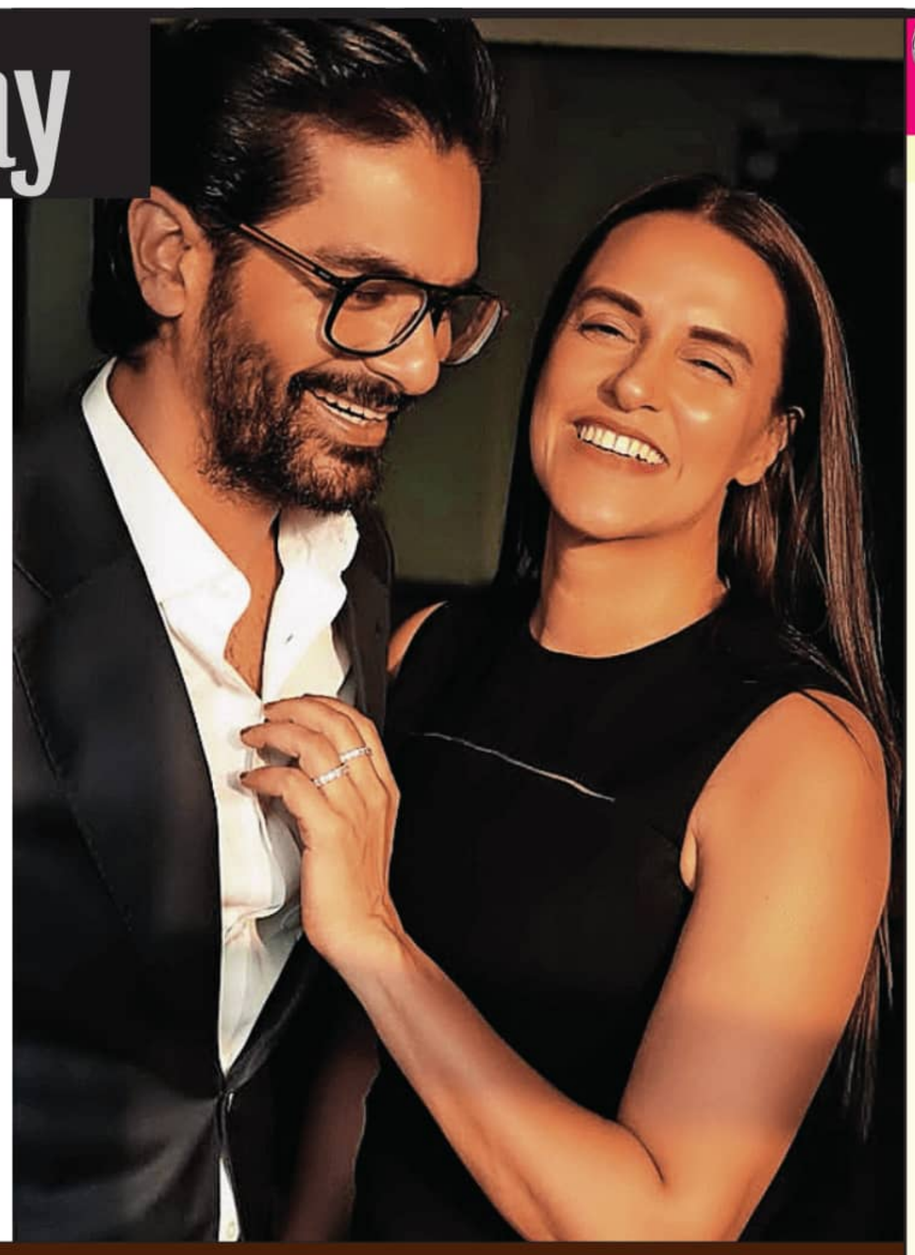
When Angad returned to Delhi, he decided to ask Dhupia's parents for her hand in marriage, though they left the choice to her. He shared, "I said, 'I am no one, have no money, but if you marry me, then I will become something.
She didn't say anything and turned the conversation in another direction. I came home after that film and spoke to her parents about wanting to marry their daughter. They were like, 'You are such a nice guy, but you don't even have a single rupee in your pocket and want to marry our daughter?' I told them that is my intention, and they said, "We'll see."

Angad and Neha met again by chance, and this time, Karan Johar was the one who brought them together.

A happy ending

On May 10, 2018, Neha and Angad exchanged vows in a low-key wedding ceremony. The couple later welcomed their daughter, Mehr, in 2018, followed by their son, Guriq, in 2021.

—ETimes



SANDALWOOD SHOTS
Y MAHESWARA REDDY

Buzz begins

The muhurat function of Kannada movie Class of Mysuru was held at Sri Bande Mahakali Temple in the city. Veteran character artiste HG Dattatreya aka Dattanna sounded the clapboard while national award-winning actress Anuradha aka Tara unveiled the title of the movie. The entire cast marked the occasion in traditional style, donning the iconic Mysuru Pete (turban) attire.

Class of Mysuru will be the second movie for producer-cum-director Gautam Basavaraju.

"The movie is about senior citizens who try to reclaim the luxurious life they missed during their youth. The Mysuru Palace and Ambari (golden howdah) are related to the script of this movie. I do not want to reveal more about the movie at this juncture because I want to create a buzz among moviegoers," said Basavaraju.

He said the movie is expected to go on floors on February 2. "We have chalked out a plan to complete the post-production works in two months," he said.

Star-studded start

Adding to the growing list of films with distinctive titles, another Kannada movie — Kuduka Nanmakkalu — was launched on Sunday at Sri Vidya Ganapati Temple, Jnanabharathi Campus. Lyricist-turned-director Dr V Nagendra Prasad sounded the clapboard, while P Murthy, State President of Dr BR Ambedkar Sene, switched on the camera for the inaugural shot of the movie. Music director V Manohar and some prominent names from the Kannada film industry were present on the occasion.

The movie is supported by Arun Shetty, Vaishali Muralidhar Kottur, Pallavi Arun Agnihotri, SH Babu Tumakuru, Ningaraju B Lokesh, S Siddalingaiah and Ravindra Naik under the Kala Bhoomi Combines banner. A few of the producers have also been cast in minor roles in the film.

The movie is directed by Oscar Krishna. "The movie will throw some light on the mindset of drunkards and their problems including family and psychological issues. We are trying to convey a message to the audiences," Krishna said.

Alia opens up about her riskiest role yet

Alia Bhatt has carved a fine repertoire of films, notably, Sanjal Leela Bhansali's 'Gangubai Kathiawadi.' During a recent appearance at the prestigious Red Sea International Film Festival in Saudi Arabia, Bhatt shared a candid reflection about the eponymous character.

Speaking at the event, Bhatt revealed how stepping into the shoes of the character of Gangubai Kathiawadi was the most daring decision of her acting journey. Bhatt said, "It was one of the riskiest parts I've played. I didn't know if I would be able to do it."

However, Bhatt went on to reveal how her decision to take up the role stemmed from absolute trust in her director, Sanjay Leela Bhansali, choosing to fully surrender.

Starring in a role with multiple layers, the intensive emotional work required for 'Gangubai Kathiawadi' also bore a lasting impact on the actress. "Gangubai Kathiawadi remains the character that has stayed with me the longest on an emotional level," Bhatt stated.

—ETimes

Kissing goodbye

George Clooney's days of playing a romantic hero are far behind him. The Hollywood star has announced his plans to quit puckering up on the big screens.

In a recent interview, the actor said he is no longer interested in performing romantic kissing scenes in films anymore, citing his age. Speaking to the Daily Mail, Clooney revealed that his chat with his wife, and human rights lawyer Amal Clooney, prompted him to pull the plug on steamy scenes.

The actor previously hinted at this shift in his career choices in an interview with 60 Minutes, saying that he was consciously stepping away from romantic films. "I'm not trying to compete with 25-year-old leading men. That's not my job. I'm not doing romantic films anymore," he said.

—ETimes

Let age be no bar, says Milind

Actor and fitness enthusiast Milind Soman highlighted the power of active ageing as he called on grandmothers to break longstanding stereotypes through fitness and participation.

Emphasising that life does not have to slow down with age, the 'Paurashpur' actor shared how seeing older women stay active can inspire not just their peers but also younger generations to rethink what growing old truly looks like. In an exclusive quote shared with IANS, Milind expressed, "There's this stereotype that grandmothers sit at home, making dough or knitting. We want to break this stereotype and also encourage grandmothers to live more active lives by inspiring them through each other."

"Just because you're over 60 or 70 doesn't mean life has to slow down. You can still participate in events, represent your country, and do whatever you want. This event isn't just for grandmothers, it's also for those watching them. We want younger people to see this and say, this is how I want to grow old," he added.

—ETimes